

Contours Express[®]

The Better Idea in Women's Gyms!™

Do you need to...
lose

15 lbs. - 100 lbs?

Tone & Shape?
Strengthen?



Contours Express Treats
Every "Body" Different
Because "Every Body" is
Different!

Stop in today for your FREE
FITNESS ANALYSIS!

We Use REAL Weights.
For REAL Results...Never Hydraulics

Contours Express Troy

1071 E. Long lake
Long lake Plaza
Troy, MI 48065

(248) 740-1332

Former State Probation/Parole

Officer
offers
State Employees

\$29 Enroll/\$29 a month

FREE
Body Fat Analysis

Valid with coupon only.

*Offer based on first visit enrollment with one year
agreement. Not valid with any other offer or discount.

THREE PERSONALIZED
SESSIONS!
It's like having your own
personal trainer without the
expense!